



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Questions? Contact: Jane Jordan - 604-363-0961 <a href="mailto:everydaycounts@vch.ca">everydaycounts@vch.ca</a></b>				
<p><b>3</b> 11-12:30 <b>Easy Open House</b> Join us for coffee and a chat</p> 	<p><b>4</b> 10:30-11:30 Tai Chi Healing Exercises (Brad)</p> <p>2:45 – 3:45 Yoga (Jessica)</p>	<p><b>5</b> 9-10 Chair Yoga for Every Body (Toni)</p> <p>1130-1230 <b>Restorative Yoga (Kenzie)</b></p>	<p><b>6</b> 10-11:30 Music Therapy Relaxation (Meg/Iris)</p> <p>1-2pm Gentle Movement for Pain (Toni)</p>	<p><b>7</b> 9-10 Yoga for You (Toni)</p>
<p>1-2pm Yoga for Strength &amp; Present Moment Awareness (Kenzie)</p>	<p><b>11</b> 10:30-11:30 Tai Chi Healing Exercises (Brad)</p> <p>1230 – 2:30 <b>Portrait in the Garden</b></p> <p>2:45 – 3:45 Yoga (Kenzie)</p>	<p><b>12</b> 9-10 Chair Yoga for Every Body (Toni)</p> <p>1130-1230 <b>Restorative Yoga (Kenzie)</b></p>	<p><b>13</b> 10-11:30 Music Therapy Relaxation (Meg/Iris)</p> <p>1-2pm Gentle Movement for Pain (Toni)</p>	<p><b>14</b> 9-10 Yoga for You (Toni)</p>
<p><b>10</b> 11-12:30 Info Session <b>Navigating Palliative Resources on the North Shore - Alison</b></p> <p>1-2pm Yoga for Strength &amp; Present Moment Awareness (Kenzie)</p>	<p><b>17</b> 1-2pm Yoga for Strength &amp; Present Moment Awareness (Kenzie)</p>	<p><b>18</b> 10:30-11:30 Tai Chi Healing Exercises (Brad)</p> <p>1:30 – 2:30 <b>Monthly Meditation</b></p> <p>2:45 – 3:45 Yoga (Kenzie)</p>	<p><b>19</b> 9-10 Chair Yoga for Every Body (Toni)</p> <p>1130-1230 <b>Restorative Yoga (Kenzie)</b></p>	<p><b>20</b> 10-11:30 Music Therapy Relaxation (Meg/Iris)</p> <p>1-2pm Gentle Movement for Pain (Toni)</p>
<p><b>Special Event</b> 6:00pm <b>Open Mic Night</b></p> 	<p><b>21</b> 9-10 Yoga for You (Toni)</p>	<p><b>24</b> 1-2pm Yoga for Strength &amp; Present Moment Awareness (Kenzie)</p>	<p><b>25</b> 10:30-11:30 Tai Chi Healing Exercises (Brad)</p> <p>2:45 – 3:45 Yoga (Kenzie)</p>	<p><b>26</b> 9-10 Chair Yoga for Every Body (Toni)</p> <p>1130-1230 <b>Restorative Yoga (Kenzie)</b></p>
<p><b>27</b> 10-11:30 Music Therapy Relaxation (Meg/Iris)</p> <p>1-2pm Gentle Movement for Pain (Toni)</p>	<p><b>28</b> 9-10 Yoga for You (Toni)</p>	<p>All activities take place in the Every Day Counts Centre located in the NS Hospice Parking Lot (official address is: 319 East 14<sup>th</sup> St) Enter via NS Hospice Driveway at the East 13<sup>th</sup> &amp; St. Andrews corner. Pay parking available in the NS Hospice Parking Lot. 2-hour free parking available on 13<sup>th</sup> Street</p>		